Olympic Games One hundred days to go

Questions to keep us guessing for the next three months

Will the British bankers deliver?

Rebecca Adlington
Swimming
Freestyle

Form guide
She won the world 800m title in Shanghai in 2011 and took silver in the 400m. At the British trials this spring she looked better still in winning both events: Her 400m time of 4min 2.35sec puts her second in the world rankings this year. Her 800m form is even better, and she tops the world rankings this year by a distance

The next 100 days?
She was reluctant to ink in her diary until she had secured her place but now says she will swim in two competitions before the Olympics - the Mare Nostrum in Barcelona in June and the second set of British Olympic trials in Sheffield later that month. She will not be resting for either of them but will fit them into her schedule

Main rival?
Federica Pellegrini It
The first woman to break the four-minute barrier in the 400m, Pellegrini is incredibly glamorous, having posed naked cosprayed gold in Vogue. Won the 200m/400m double at the last two World Championships and is world record holder at both distances. She is the reigning 200m Olympic champion

What's being said?
“It all depends on the Olympics and what happens whether I carry on swimming or retire. If I think I can't improve any more I want to finish on a high”
Rebecca Adlington

On track for . . .
Gold

Ellen Gandy
Swimming
Butterfly

Form guide
Finished second at the world championships in 2011 in the 200m butterfly and was only 0.04sec away from gold. This year she won the 100m and 200m double at the New South Wales state championships in Australia and repeated the feat in the Olympic trials. Her new British 100m butterfly record puts her second in the world rankings

The next 100 days?
Gandy has just flown back to her home in Melbourne, where she will resume training alongside the Olympic 100m breaststroke champion Leisel Jones. Gandy believes it was her poor turn that cost her a gold medal in Shanghai and she plans to work on her technique there before she comes back to Britain in the summer

Main rival?
Jiao Liuyang Chn
Jiao is only nine days older than Gandy but has more experience. She was only 14 when she won the senior Asian Championships in 2006. She followed that with silver in the 200m butterfly in Beijing, behind her compatriot Liu Zige. She beat Gandy by a fingertip in Shanghai to become world champion

What's being said?
“I like being in Australia because I get to race the best that they have on a regular basis. It's really great to be around them and race against them because when it comes to racing at the majors I'm ready. I know I can match them”
Ellen Gandy

On track for . . .
Silver

Tom Daley
Diving
10m platform

Form guide
Concern grew earlier this year when he was criticised by GB's performance director, Alexei Evangulov. Since then Daley has come good, winning silver in the World Cup in Dubai, an individual silver and another in the synchro with Pete Waterfield in Beijing and a third solo silver in Moscow. He has had four podium finishes across the two events

The next 100 days?
Evangulov says that he and Daley have hatched “a cunning plan” for the Olympics. Whatever they have cooked up, it is unlikely to involve much more media work if Evangulov has his way. Daley will dive in Mexico in the final World Cup event at the end of this month and again at the British Championships in Sheffield in June

Main rival?
Qiu Bo Chn
If he is on form, everyone else will be competing for silver. Daley's coach, Andy Banks, says he has never seen a diver “with such consistency and strength”. Bo is the current world champion. He has twice cracked under pressure, however, in Beijing and at the 2009 World Championships

What's being said?
“It reminds me of the situation in Russia with Anna Kournikova. She looked pretty and made a promising start to her career but the media exposure meant she never got to be the best. She is still in the celebrity news but she never achieved her full potential”
Alexei Evangulov

On track for . . .
Bronze

Jessica Ennis
Athletics
Heptathlon

Form guide
The last seven months have been challenging. After an undefeated run of two years, collecting world and European titles, Britain's golden girl has lost both her titles to long-time rivals Tatyana Chernova and Nataliya Dobrynska, finishing second in her last two major championships. The coming months will prove critical

The next 100 days?
Opening her season with a 100m run at the Great City Games, Manchester, followed by a trip to Götzis, Austria, where the world's best heptathletes compete at the annual Hypo Meeting. Ennis is also likely to take part in one or two Diamond League fixtures to perfect individual events

Main rival?
Tatyana Chernova Rus
Stole Ennis's world title in Daegu with a personal best 57 points ahead of the Briton's own best. At 6ft 2in the Olympic bronze medallist towers over Ennis and excels in two of Ennis's weakest events: long jump and javelin. Chernova edges her in the 800m which could make the final event of the Olympic heptathlon very tense

What's being said?
“Obviously there's disappointment at what happened in Istanbul. But you learn so much from events that don't go exactly as planned. And remember, I came away having done three PBs and a national record. I'm in much better shape than I was last year”
Jessica Ennis

On track for . . .
Silver

Mo Farah
Athletics
5km & 10km

Form guide
After winning gold and silver at the 2011 World Championships, Farah's 2012 campaign began with a bump. The 29-year-old lost four races in a row during the indoor season, finishing fourth over 3,000m in Istanbul. How he responds in the outdoor season will give an indication of his Olympic medal chances

The next 100 days?
Currently training at his base in Portland, Oregon, Farah's first race of the season will be the Bupa London 10km on 27 May

Main rival?
Kenenisa Bekele Eth
If the Ethiopian, who has been struggling with injury, defends his Olympic titles – he holds both the 5,000m and 10,000m and is also the world record holder over both distances – he will be a big threat. Other Ethiopians for Farah to watch include Ibrahim Jeilan, who won when the Briton came second in Daegu

What's being said?
“Sometimes when you experience disappointment then you start to do even better because it makes you more hungry. I'm a lot more up for it now. You can't keep winning. You have to lose sometimes”
Mo Farah, after finishing fourth in Istanbul

On track for . . .
Silver

Dai Greene
Athletics
400m hurdles

Form guide
The Welshman has been in sensational form, winning back-to-back titles over the past two years; he is the current world, European and Commonwealth champion. Greene may not be the fastest on the circuit - his personal best of 47.88sec is around half a second slower than his US rivals - but he dominates championship races

The next 100 days?
Currently training under Malcolm Arnold at his Bath base – the coach who guided Colin Jackson to two world titles in the high hurdles - Greene has hinted that he may open his outdoor season at the Rome Diamond League meeting as he did last year

Main rival?
Louis Jacob van Zyl SA
Topped the rankings last year and finished third in Daegu, but the South African lost speed, the early start to his season affecting his stamina by its end. The defending Olympic champion, Angelo Taylor, and his US compatriots Bershawn Jackson and Jeshua Anderson will make London 2012 a very competitive field

What's being said?
“I think Dai will be the man to beat. Of all the athletes I have ever encountered, Dai is the toughest mentally. I've known people like Linford Christie, athletes who have been really successful, but nobody's been as assured and confident as Dai”
Sprinter Christian Malcolm

On track for . . .
Gold

Phillips Idowu
Athletics
Triple jump

Form guide
The 33-year-old has had his share of frustrations, losing his world title to a young American, Christian Taylor, who posted a new personal best of 17.96m, 15cm further than the Briton's own record. If he is to dominate the event again, Idowu will need to find a way to reach distances beyond 17.90m

The next 100 days?
Currently training in Birmingham with coach Aston Moore, Idowu plans to attend a warm weather training camp in Portugal next month before opening his season at a meet still to be confirmed

Main rival?
Christian Taylor
The newest names on the scene are the Americans Christian Taylor, 21, – who won the world title last year – and Will Claye, 20, who won the world indoor title in March. Better known is Teddy Tamgho, the 23-year-old from France who posted the biggest jump in a decade, recording 17.98m in June 2010

What's being said?
“This is what I'm going to win the Olympics in”
Phillips Idowu, after trying on the new Stella McCartney 2012 Olympic kit

On track for . . .
Silver

Sir Chris Hoy
Cycling
Track

Form guide
Dipped slightly before the world championships but still better than adequate, given that he took a gold in the keirin and bronze in the match sprint. That reflects a winter in which Hoy has moved up a notch, winning the British national sprint title and showing dominant form at the World Cup

The next 100 days?
Hoy took a short break in Dubai after the world championships and returned to training in Manchester this week. In between sessions in Manchester he and the other GB sprinters have camps in Majorca, for road training, and on the track in Cottbus, Germany, but, crucially, no racing before the holding camp at Newport

Main rival?
Grégory Baugé
Hoy has three Olympic titles to defend. No obvious rival has emerged in the keirin, but in the match sprint he faces stiff competition for his GB team place from Jason Kenny, who beat him in the worlds. Whoever gets the nod has an uphill task against the Frenchman Baugé

What's being said?
“I'm not far away from my best and it's going to take that last bit of motivation. This is the light at the end of the tunnel and it's an exciting opportunity. When I'm really on form I can beat anybody in the world in the sprint and anybody in the world in the keirin”
Sir Chris Hoy

On track for . . .
Gold

Bradley Wiggins
Cycling
Time trial

Form guide
Couldn't be better. Wiggins had a perfect winter, with no injuries or illness, began winning at his first outing in the Tour of the Algarve and dominated his first major target event, the Paris-Nice in early March. He pulled out of the Tour of Catalonia, but that was as a precaution given the apocalyptic weather conditions

The next 100 days?
Has just completed his first altitude training of the year in Tenerife, and will resume racing in the Tour of Romandie alongside Cavendish. That leads into a second altitude camp, followed by his fifth stage race of the year, the Dauphiné Libéré on 3 to 10 June. That takes him to the Tour de France and finishing it should leave him at a peak for London

Main rival?
Fabian Cancellara
There are only two better time triallists on paper and both have come a cropper this spring. Cancellara of Switzerland is recovering from a broken collarbone but insists he will be fit, while the current world champion, Tony Martin of Germany, is getting over facial injuries and a broken shoulder blade

What's being said?
“Phase one of my buildup to the Tour de France ... consisted of getting a really good winter under my belt, and hitting my early season targets. The next step is preparing towards the Tour. [Winning Paris-Nice] leaves me well and truly on track”
Bradley Wiggins

On track for . . .
Gold

Mark Cavendish
Cycling
Road race

Form guide
Worked hard over the winter but had a difficult spring with bouts of illness and a heavy crash, all of which clearly affected his chances in his two major goals of the early season: Milan-San Remo, where he did not finish, and Gent-Wevelgem, where he missed the key split. Four wins to date, but he will not be satisfied

The next 100 days?
Having just become a father, Cavendish is taking a mid-season break before returning to racing at the Tour of Romandie on 24 April. After that he races the Giro d'Italia and Tour of Switzerland to build into the Tour de France, his final warmup for the Olympics, and he will visit the Olympic road race circuit for at least one “dress rehearsal”

Main rival?
Tom Boonen
Two threats have emerged over the spring and Cavendish will have to watch them closely in August: the Belgian Tom Boonen, who has dominated the one-day classics, and the Slovak Peter Sagan, who is better suited to the London course than Boonen, and has four top-five finishes in one-day races this year

What's being said?
“He finished the classics in good shape, he's trained hard this week and is about where we would expect him to be. The next focus is a couple of stage wins in the Giro then some quality climbing and more info on that Olympic course. He's building OK”
Rod Ellingworth, Cavendish's coach

On track for . . .
Bronze

Who will poop the party?

China

Form guide
Finished top of the medal table in Beijing, after finishing second in Athens, and will battle it out for top spot with the US in London. Lin Dan is a shoo-in for a medal in badminton, as are Wu Minxia and He Zi in synchronised diving, where China will dominate. Expected to perform strongly in table tennis, gymnastics and weightlifting too

The next 100 days?
The third Asian Beach Games take place in Haiyang, China, in June, featuring disciplines such as beach volleyball and sailing. China will seek to avoid the traditional post-home-Games slump, with much of the team based in Leeds in the buildup. Around 300 athletes and support staff will base themselves in the city from early July

Vital statistics
Sydney 2000 Third in medal table
Gold 28 **Silver** 16 **Bronze** 14
Athens 2004 Second in medal table
Gold 32 **Silver** 17 **Bronze** 14
Beijing 2008 First in medal table
Gold 28 **Silver** 16 **Bronze** 14

What's being said?
“I just think if you look at it, in its entirety, it will be China. I think it will be China, USA and then Russia”
Sebastian Coe

How ready are they?
Gold

Russia

Form guide
Andrey Moiseev aims to win a third straight gold in the modern pentathlon, and the women's pole vault world record holder, Yelena Isinbayeva, is also targeting three in a row. Russia's athletes disappointed on the track at the recent world indoor championships but the team will be among the medals in gymnastic disciplines

The next 100 days?
Huge sums are being poured into Russian sport ahead of the Sochi Winter Games but there is little prospect of overhauling China and the US in the medal table. The head of the Russian Olympic Committee said this week he expected a stern battle with Britain for third place

Vital statistics
Sydney 2000 Second in medal table
Gold 32 **Silver** 28 **Bronze** 28
Athens 2004 Third in medal table
Gold 27 **Silver** 27 **Bronze** 38
Beijing 2008 Third in medal table
Gold 23 **Silver** 21 **Bronze** 29

What's being said?
“In London, my main competitors will be myself, because I know how high I can jump and I know that height is almost impossible for my rivals”
Yelena Isinbayeva, Olympic pole vault champion

How ready are they?
Silver

Australia

Form guide
Sally Pearson is in scintillating form and will be aiming for gold in the 100m hurdles. Steve Hooker will attempt to defend his pole vault title, and hockey and diving could also yield medals. An epic tussle with Team GB awaits in the velodrome where – until the recent world championships – the Australians have latterly held the upper hand

The next 100 days?
77 Australian athletes have been selected so far for boxing, canoeing, sailing, swimming and taekwondo but team announcements and various qualifying events continue until the end of June to allow optimum time for training and selection

Vital statistics
Sydney 2000 Fourth in medal table
Gold 16 **Silver** 25 **Bronze** 17
Athens 2004 Fourth in medal table
Gold 17 **Silver** 16 **Bronze** 16
Beijing 2008 Sixth in medal table
Gold 14 **Silver** 15 **Bronze** 17

What's being said?
“Australia is well on the way to fielding a strong team that will be ready to take on the rest of the world. We know we are in for a tough tussle to claim a revered top-five spot”
Chef de mission Nick Green

How ready are they?
Silver

United States

Form guide
All eyes will be on the swimmer Michael Phelps to see if he can add to his gold medal tally of eight in Beijing. The men's and women's basketball teams will start as strong favourites. LaShawn Merritt, allowed to compete after overcoming an IOC ban, will aim to repeat his 2008 gold in the 400m

The next 100 days?
Tyson Gay will attempt to qualify for the Olympic 100m at the US trials in June, choosing not to compete in the 200m. Phelps will compete in the swimming trials as he tries to qualify for five events. The team will not be picked until June. Pre-Games, the track and field stars will train in Mile End

Vital statistics
Sydney 2000 First in medal table
Gold 37 **Silver** 24 **Bronze** 33
Athens 2004 First in medal table
Gold 35 **Silver** 39 **Bronze** 27
Beijing 2008 Second in medal table
Gold 23 **Silver** 21 **Bronze** 29

What's being said?
“The Olympics are probably easier for us than trials are. Just being able to secure a spot is so important. It is only the top two. We know that anybody can be there on a given day and all these guys that we have can race hard”
Michael Phelps

How ready are they?
Gold

And who will win the biggest race of all?

Usain Bolt
Jamaica

Form guide
Whispers are that Bolt has been struggling with a back injury, although a sparkling effort in the 4x100m relay in Kingston last weekend would suggest otherwise. Still, the 25-year-old defending Olympic champion and world record holder begins this season with a career blip, having lost his 100m world title to Yohan Blake in Daegu

The next 100 days?
Expected to open his season at the Jamaica Invitational on 5 May, followed by his annual trip to Ostrava on May 25. He takes on Asafa Powell in the Diamond League in Rome on 31 May and Oslo on 7 June, and has just been confirmed to run the 200m in Monaco as his last race before the Olympic Games

Vital statistics
Personal best
9.58sec (world record)
Berlin World Championships, 2009
Season's best
9.76sec
Diamond League, Brussels

What's being said?
“The greatest glory in living lies not in never falling, but in rising every time we fall #Nelson Mandela”
Bolt's Twitter feed turns profound in time for the start of the season

How ready are they?
Gold

Tyson Gay
United States

Form guide
Gay has had some seriously bad luck with injuries lately. He missed the world championships last year due to corrective surgery on a hip and since then he has had serious groin and tendon problems. He started track training only at the start of February, which leaves him little time to get in shape for the US trials in June

The next 100 days?
Gay has announced that he will run only the 100m this year because he is worried his body will not be able to take the strain of doubling it up with the 200m. As recently as January he could not jog, let alone sprint. He has some serious work to do just to make the US team

Vital statistics
Personal best
9.69sec
Shanghai Golden Grand Prix, 2009
Season's best
9.79sec
National training centre sprint series, Florida

What's being said?
“At the end of the day, I am just going to have to put in the hardest three months of my life and get ready for the Olympic trials. That is the only thing I can do. I can't look back now”
Tyson Gay

How ready are they?
Bronze

Asafa Powell
Jamaica

Form guide
Powell ran his first indoor race in eight years at the Aviva Grand Prix in Birmingham in February, but he was underwhelming. His time of 6.5sec left him in third behind his two compatriots Nesta Carter and Lerone Clarke who were picked ahead of him for the World Indoor Championships

The next 100 days?
Powell's next race will be over 400m, as he tries to improve his strength conditioning. After that he'll run at the Jamaica Invitational on 5 May and in the Olympic trials at the end of June. He says he is trying to get “the fear of injury” out of his head

Vital statistics
Personal best
9.72sec
Athletissima Grand Prix, Lausanne, 2008
Season's best
9.78sec
Diamond League, Lausanne

What's being said?
“Missing the indoors was not a big disappointment for me because the Olympic Games is the big thing this year and looking at it, I think the indoors would have affected my preparation for the Olympic Games, so maybe it's best that I stayed home and did what I did”
Asafa Powell

How ready are they?
No medal

Dwain Chambers
Great Britain

Form guide
Chambers did not run anything quicker than 6.58sec over 60m in the winter, which is well short of his personal best of 6.41. But he still won a bronze at the world indoors. What he has lost in speed he has gained in experience and understanding, though that wasn't enough to stop him being disqualified for a false start in Daegu

The next 100 days?
Chambers doesn't even know if he'll be eligible for the Olympics yet. Like everyone else he is still waiting to learn if the Court of Arbitration will uphold or overturn the British Olympic Association's life ban on drugs cheats. Whatever the result, Chambers is preparing as though he will be running and has gone to train with Asafa Powell in Jamaica

Vital statistics
Personal best
9.97sec
Seville World Championships, 1999
Season's best
10.01sec
São Paulo Grand Prix

What's being said?
“Ultimately, what I want to do is to be able to perform in front of the home crowd. I realise I've made mistakes but I'm trying to do the right thing and enjoy what time I have left in the sport”
Dwain Chambers

How ready are they?
No medal

Yohan Blake
Jamaica

Form guide
After winning the world title in Daegu last year – at 21 years old the youngest winner since Carl Lewis - Blake's confidence should be sky high. But the Jamaican, the youngest sprinter ever to break the 10 second barrier, shares his coach, Glenn Mills, with Usain Bolt which could prove to be a difficult psychological battle of egos

The next 100 days?
Jamaica Invitational on 5 May, as well as the Diamond League grand prix in New York on 9 June. The notoriously competitive Jamaican Olympic trials take place over the weekend of 28 June-1 July

Vital statistics
Personal best
9.82sec
ISTAF meeting, Berlin, 2011
Season's best
9.82sec
ISTAF meeting, Berlin, 2011

What's being said?
“Usain pushes me a lot in training due to the fact that if he has to take one, I have to take two. He's helped me because I have to run even faster in training to keep up with his speed. I'm not thinking about times – that's for Usain. I'm more focused on getting a medal”
Yohan Blake

How ready are they?
Silver

Justin Gatlin
United States

Form guide
Having returned to the sport in 2010, following a four-year ban for a doping offence, Gatlin has found his form. A surprise runner-up at the US trials last summer the former world and Olympic champion may have failed to make it past the semi-finals at the world championships but this year he triumphed at the world indoors over 60m

The next 100 days?
Launching “Track Nation” – a kind of Facebook for runners. Preparing for the US Olympic trials 21 June - 1 July

Vital statistics
Personal best
9.85sec
Olympics final, Athens, 2004
Season's best
9.95sec
Diamond League, Oregon

What's being said?
“I think that I'm back. Everyone needs to stay tuned because the USA is going to show you something”
Justin Gatlin

How ready are they?
No medal

Mark Cavendish

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